

SPRING SCHEDULE

237 MAIN ST. PICTON



613-471-1515 • fitnesspowers@gmail.com

MONDAY

APRIL 2 - JUNE 25

P90X Live
6:30am - 7:15am

County Circuit
7:30am - 8:30am

County Circuit
9:15am - 10:15am

Circuit Fit
10:30am - 11:30am

Simply Fit
11:30am - 12:15pm

Just Cycle
(Lunch Express)
12:15pm - 12:45pm

DIY Program
2:30pm - 4:30pm

Semi Private Training
4:30pm - 5:15pm

P90X Live
(Small Group)
5:30pm - 6:30pm

Running Group
6:30pm - 7:30pm

Power Trainer
6:45pm - 7:45pm

TUESDAYS

APRIL 3 - JUNE 26

Essentrics
9:00am - 10:00am

DIY Program
10:00am - 12:00pm

DIY Program
(Lunch Express)
12:00pm - 2:00pm

Osteofit
(Small Group)
2:00pm - 3:00pm

Semi Private Training
3:30pm - 4:30pm

DIY Program
4:30pm - 5:30pm

Piloga Powers™
5:30pm - 6:30pm

DIY Program
6:30pm - 7:30pm

WEDNESDAY

APRIL 4 - JUNE 27

Power Hour
7:30am - 8:30am

Power Hour
9:15am - 10:15am

P90X Live
10:30am - 11:30am

Simply Fit
11:30am - 12:15pm

P90x Live
(Lunch Express)
12:15pm - 12:45pm

Heart Sense fitness
(Small Group)
1:30pm - 2:30pm

DIY Program
2:30pm - 3:30pm

Teen Fit
3:30pm - 4:30pm

Power Hour
5:30pm - 6:30pm

Semi Private Training
6:30pm - 7:30pm

THURSDAY

APRIL 5 - JUNE 28

Semi Private Training
6:30am - 7:15am

DIY Program
8:00am - 9:00am

Circuit Fit
9:15am - 10:15am

Piloga Powers™
1:00pm - 2:00pm

Semi Private Training
3:30pm - 4:30pm

Essentrics
5:00pm - 6:00pm

DIY Program
6:00pm - 7:00pm

FRIDAY

APRIL 6 - JUNE 29

P90X Live
7:30am - 8:30am

P90X Live
9:15am - 10:15am

Circuit Fit
10:05am - 11:05am

Simply Fit
11:30am - 12:15pm

County Circuit
(Lunch Express)
12:15pm - 12:45pm

Heart Sense Fitness
(Small Group)
1:30pm - 2:30pm

SATURDAY

APRIL 7 - JUNE 30

Running Group
7:30am - 8:30am

Semi Private Training
9:00am - 10:00am

DIY Program
10:00am - 11:00am

GROUP TRAINING & FITNESS CLASSES

DESCRIPTIONS



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P90X LIVE

P90X LIVE is a full-body, strength-training format, featuring four unique blocks of work: Cardio X, Lower Strength, Upper Strength and X Core. This group class is suitable for all fitness levels, fully modifiable for beginners, deconditioned populations and those with specific needs.

POWER HOUR

This class has been specifically designed by Tracy to help you find your limits then challenges you to surpass them. A 60-minute workout mixed with yoga, high-intensity cardio intervals, strength training, plyometrics, cycling and core work, to improve overall strength and conditioning.

TEENFIT

This class offers teens an opportunity to step away from the traditional school physical education lessons and sports, to show that physical activity can be different and fun! Classes include a mix of strength and fitness exercises using a variety of equipment. Classes aim to improve health, well-being and fitness.

LUNCH EXPRESS CLASSES

Get in, burn a ton of calories, and get on with your day! Who doesn't have time for that? Just 30 minutes.

COUNTY CIRCUIT

This high intensity interval training class will incorporate cardio and strength exercises to have your muscles burning and heart pumping in no time.

OSTEOFIT STRENGTH & STRETCH

Resistance training & body weight exercises are essential to stopping the progression of, or reversing the loss of bone mass. This 60-minute resistance training program will begin your journey to building healthier bones along with a healthier body. 3 to 5 participants.

CIRCUIT FIT

This low impact program is perfect for beginners or those transitioning for the Heart Sense Program. It alternates between cardio and strength training stations emphasizing balance, strength, flexibility and core. This class incorporates free weights, bands and balls to address muscle mass decline.

PILOGA POWERS™

This is a conditioning routine that uses the foundations of Pilate's & yoga to bring awareness to structural and muscular imbalances of the body. This class seeks to build flexibility, strength, endurance, and coordination without adding muscle bulk.

POWER TRAINER

This high intensity power session is designed to define & tone your body. Using dumbbells, kettlebells, bands and balls you will be putting your body to the test.

HEART SENSE FITNESS

(Small Group)

The Heart Sense Program is a program that focuses on prevention, post-rehabilitation and health maintenance. It is designed to help those who currently have or are at risk of having a chronic health condition. The goal of the Heart Sense Fitness Program is to improve functional capacity and quality of life, reduce risk factors and to create a sense of well-being and optimism about one's future. Health education, cardiovascular, resistance training and flexibility training are all part of this program.

SIMPLY FIT

This program has been created to fill a service gap for individuals 55+ looking for an exercise program that has been designed to increase bone density, range of motion, strength, balance, and flexibility for those with health restricting issues. Also, great for beginners.

ESSENTRICS

This is a completely original workout that draws on the flowing movements of tai chi which create health and balance, the strengthening theories behind ballet which create long, lean, flexible muscles and the healing principles of physiotherapy which create a pain free body.

RUNNING GROUP

Are you looking for Half Marathon or Half of a Half Marathon Training? Whether it's your first time in a racing bib, you just need a little help with training runs or you are trying to become healthier, we've got a schedule that will get you across the finish line to your goal. Learn the steps you need to take to be successful. We also provide healthy eating, exercise recommendations and group support.

STUDIO ETIQUETTE

Arrival Time

It is important that we respect all training groups and classes. Please arrive not more than 10 minutes prior to your group or class. If your start time is close to the ending of another group, it is important to maintain a quiet environment so not to disrupt the stretching/relaxation portion of the group ahead of you.

Equipment Required

INDOOR SHOES ONLY! Please bring your own yoga mats, towel and water.